

The Gateway

November 2016



IS ART FOR EDMONTON?



CONTRACT INSTRUCTORS



EATING DISORDERS



The thing I remember most about being a student is...

Dissecting the cat and shark in second-year zoology class. Someone took the shark's eyeball and hid it in our friend's pencil case.

The background photo on my cell phone is...

My son, laughing his head off.

One piece of advice I'd give a current student is...

Studying is very important, but so is socializing. Find the balance – both for stress reduction and for making connections.

The game show I would be best at is...

Family Feud. Smacking a button + yelling = my forte.

My favourite emoji is...

Poo. When there are no words, that little guy comes in handy.

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Published since November 21, 1910
Circulation 8,000
ISSN 0845-356X

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The Gateway is published by the Gateway Student Journalism Society (GSJS), a student-run, autonomous, apolitical not-for-profit organization, operated in accordance with the Societies Act of Alberta.

Events

Sounds and art at FAB

Visual art and sound are coming together in exhibitions of Erik Waterkotte, an '05 U of A MFA, and Annea Lockwood, a graduate of the Royal College of Music in London, England. Waterkotte's work comprises of print, mixed-media, installation, and video, and explores American history and popular culture. Meanwhile, Lockwood's "Sound Map of the Housatonic River" uses audio to trace life between the Berkshires of Massachusetts and Long Island Sound of Connecticut.

November 1 – 26 | FAB Gallery
COST: Free

Viola & Piano

An evening of chamber music from the Romantic Period performed by Gil Sharon (violin), Laura Veeze (viola), Rafael Hoekman (cello), and Patricia Tao (piano).

Sunday, November 27, 8 p.m. | Convocation Hall
COST: \$10 for students

Twelfth Night

William Shakespeare's gender-bending comedy of mistaken identity and romantic ambition, directed by MFA candidate Ashley Wright.

November 24 – December 3 | Timms Centre for the Arts
COST: Prices vary, check online at ualberta.ca/drama/about-drama/studio-theatre

Campus Cup

Watch dodgeball teams obliterate (or attempt to obliterate) each other in the Students' Union's annual university-wide tournament.

November 25 – 27 p.m. | Gyms across campus
COST: \$30 per player

Remembrance Day

The City of Edmonton is holding an indoor service for Canada's annual day of remembrance that pays respects to lives lost in military conflict. Also, classes are cancelled because it's a stat.

Friday, November 11, 10 a.m. – 12 p.m. | Butterdome
COST: Free

From the Bruce Peel Archives By Sofia Osborne



The second most famous book of the 15th century is the *Nuremberg Chronicle*, a history of the world through a Christian lens. In more than 300 pages filled with heavy black type and intricate woodcut illustrations, the text tells a story of creation, the birth of Christ, contemporary history, and the end of the world. Approximately 645 wooden blocks were carved to create more than 1,800 illustrations of biblical and mythological scenes, bishops, kings, and cities. The only image without accompanying text is an homage to Nuremberg, where the book was printed (the paper mill that created the chronicle's cotton rag paper can be seen in the bottom right corner.) More than 2,000 copies of the chronicle were

printed in the 15th century and half of them survive today.

"This was one of the first successful pairings of so many illustrations with printed text. It's really beautifully laid out and a pleasure to read." — Robert Desmarais, Head Special Collections Librarian, Bruce Peel Special Collections & Archives

Nuremberg Chronicle
Author/Compiler: Hartmann Schedel
Collection: Gregory S. Javitch Collection
Year: 1493
Call Number: [In transit]

School, sustainability, and style By Raylene Lung

Fast food is a dietary problem in North America, but so is fast fashion.

To address a culture of cheaply-made, non-durable clothing, second-year Human Ecology student Lauren Degenstein is surveying how Edmontonians get rid of their clothing, and what their options are for disposal. At the moment, most clothing that doesn't go to charity is sent to landfills, textile graders, and other countries.

Degenstein hopes her research will change Edmontonians' perceptions and educate them about their options for clothing disposal in the city, which may include textile recycling or helping people to better understand how to donate clothing.

"The main root of the problem is fast fashion," she said. "Everything is made so cheaply and with a goal of 'let's just sell it.'"

Degenstein also plans to study how second-hand stores decide what clothing to keep and where they send clothes that don't make the cut.

During the summer, Degenstein began working under a scholarship with human ecology professor Rachel McQueen for a study on odours. With McQueen's support, Degenstein then pursued her own research project, inspired by readings and documentaries about sustainable approaches to textiles, such as making clothes out of bacteria.

Shopping should be an investment, where consumers spend more money on ethical,

good-quality clothing, Degenstein said. With her research, she intends to show how many shoppers in Edmonton cave to fast fashion purchases.

"You definitely (have to think) more about the impact of what you buy and then (decide) based on that," she said.

Degenstein aspires for her survey to change Edmontonians' mindset in terms of buying clothes, and encourage them to consider reuse, clothing swaps, and consignment stores when getting rid of clothes.

"Even if education would help a few people in the grand scheme of things to maybe think twice, that's a little change that may be able to become something bigger," Degenstein said.

Q&A by Nathan Fung



NAME **Junaid Jahangir**, FACULTY **Arts**, POSITION **Contract Instructor**,
FAVOURITE BOOK PROTAGONIST **Gandalf**

Tell me about your undergrad. I actually went to Pakistan for three to four years. In those days every boy wanted to be a computing scientist. I went along with the same crowd. But it just happened that computing science never worked so I jumped into economics. Decades later, I'm teaching economics.

What was it like to grow up as a queer Muslim in Dubai? How did it affect your studies?

I was very committed to completing my education: my bachelors, my masters, then my PhD. The time came when I was 27, and I was like, "Most of my friends in university who graduated with me." Some guys in my time were dating and got married and had kids. I asked myself, would I? I'd never really been interested in women but I hadn't really expressed interest in the other side either.

At that point ... I was writing for a religious magazine, where I was kind of the upcoming star. My former teachers would actually call my writings impressive. When I was dealing with my issues, I wrote an article on homosexuality in the religious magazine. That's when I got attacked by my former Arabic teacher. He said ... some people should be institutionalized and locked up in mental facilities. When I received that scathing response, I said, "Wait a minute, these people are prejudiced themselves." How could they interpret the scriptures in an unbiased fashion? So I decided I needed to do my study from here onwards.

What would you say to people who think there's a conflict between spiritual beliefs and being queer? It depends on how you view religion. Do you view religion as something stuck or frozen in time, context, location, space? Or do you view religion as something which grows, develops, and changes with time?

A mistake that conservative Muslims and atheists make is that religion doesn't change. But it has changed ... Go back in time, what was marriage? Male ownership over women. What is marriage now? A relationship between two equal people.

What's one thing you would say to students here? I've seen discrimination where students can't openly be themselves. I've noticed at the university level is a need to have safe spaces for people of all backgrounds, regardless of the colour of their skin, the religious beliefs they espouse, what they wear.

JUSTICE IN THE DORMS

By Jamie Sarkonak

When students violate residence rules, they can expect to go through either a restorative justice system or a “breach of residence agreement process.”

Restorative justice can include in-the-moment resolutions by residence staff, or conversations facilitated by staff between offended and offending students.

A breach of residence agreement process is more serious, and is used when restorative justice isn’t an option.

If a student failed a cleanliness inspection, for example, the non-restorative solution of the past would be to send the student a warning letter. The restorative system would involve a unit coordinator talking to the student about cleanliness.

Data from Residence Services about where violations happened (and how they were resolved) are presented every year to Campus Law Review Committee, an academic governance committee responsible for reviewing student behaviours and discipline. Here were some of the main data points from 2015-16:

COMMON SANCTIONS OF 2015/16



COMMON SANCTIONS

Sanctions are issued after violations are identified. There were 1,210 violations in 2015-16, which resulted in 668 sanctions. Restorative solutions were used for 83 per cent of these sanctions.

“None specified,” the most common sanction, includes any incident where a culprit couldn’t be found. Tame examples include when a residence assistant discovers vomit in a stairwell, or a broken cup in the lounge. No culprit can be found, but the data is still tracked as a violation.

“Behavioural agreements,” accounting for 1/10 of sanctions, require rulebreaking residents to explain how they harmed the community. These residents then agree to behave differently in the future so that the harms don’t happen again.

ON EVICTIONS

13 students were evicted last year, for reasons including “a couple” sexual assaults, violent behaviour, and possession of large amounts of drugs.

When residence area coordinator Craig Whitton presented the data to Campus Law Review Committee, he said it was “almost guaranteed” that there have been more than two incidences of sexual assault in residences.

“The evidence from other campuses and the evidence from society in general tells us that there’s more happening than what we’ve heard about,” Whitton told the committee.

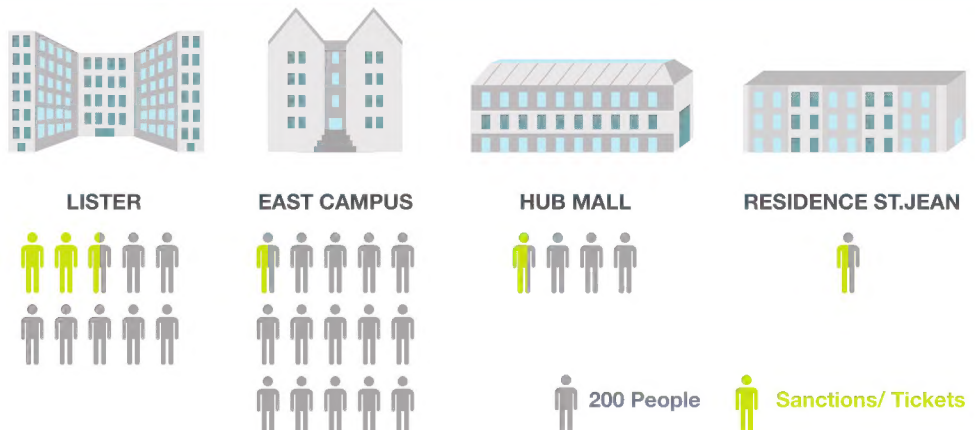
Sexual assaults and other violent cases are not solved with restorative justice.

LOCATIONS

Lister racked up more violations, but it’s more heavily regulated than East Campus.



OF INCIDENTS WERE IN LISTER



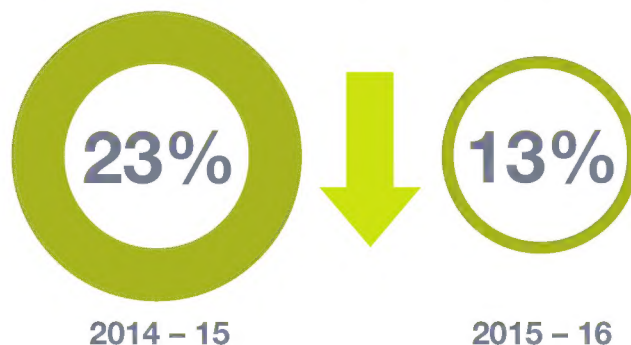
ALCOHOL RULES & REGULATIONS

ALL RESIDENTS AT THE U OF A MUST FOLLOW THESE RULES:

1. Residents are not allowed to participate in any activity or game that promotes the mass consumption of alcohol.
2. Open alcohol is only allowed in private areas.
3. Alcohol may be transported outside a private or shared area if it is factory sealed.
4. Alcohol permits are required for functions involving alcohol outside of private or shared areas.
5. Kegs are not allowed at any time in the residence community without a proper University of Alberta liquor permit. Listerites have one more requirement.
6. Glass beer, cooler and pre-mixed drink bottles are not permitted. Wine and hard alcohol in glass bottles are permitted.

RULES PROHIBITING DRINKING GAMES AND DRINKING IN COMMON AREAS HAVE BEEN AROUND SINCE 2012. SINCE THEN, ALCOHOL VIOLATIONS HAVE BEEN IN DECLINE.

% OF TOTAL INCIDENTS DIRECTLY RELATED TO ALCOHOL.



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metrocinema.org



Nausicaä of the Valley of the Wind
November 12 @ 2PM, November 14 @ 7PM

Warrior/pacifist Princess Nausicaä desperately struggles to prevent two warring nations from destroying themselves and their dying planet.

Jean-Michel Basquiat: The Radiant Child
November 26 @ 7PM

Centered on a rare interview that director and friend Tamra Davis shot with Basquiat over twenty years ago, this definitive documentary chronicles the meteoric rise and fall of the young artist.



Tower
November 18 - 23

In 1966, a gunman went to the 27th floor of the University of Texas Tower and opened fire. This is the untold story of that day - when the worst in one man brought out the best in so many others.

Metro Cinema at the Garneau
8712-109 Street | metrocinema.org

Metro Cinema receives ongoing support from these Arts Funders:



Editorial: Stop misinterpreting feminism

By Ashton Mucha

Brace yourself for the most cringeworthy f-word of our generation: feminism. Feminism is a term that's hushed before it even becomes a whisper out of someone's parted lips. People don't think twice about tossing around "fuck" as an adjective in every other sentence, but suddenly feminism is something we have to be careful about discussing out loud.

People get so caught up in the black hole of gender equality that they don't even know what feminism aims to do or not do. When people consider feminists they probably picture a group of women parading around while chanting some utterance about "equal rights" and participating in a ceremonial bra-burning that only aims to reinforce a pro-female world-domination scheme. As much as this fabricated imagery presents itself as a myth, these stereotypes and judgements are inherently etched into the minds of many who fear the f-word. As a result, feminism continues to hold a negative connotation.

When you hear the word "feminism" being thrown around, I imagine it's the same sort of rush Americans get when they think of "freedom," or when Canadians hear "roll up the rim to win." But where these words and phrases are talked about with an overwhelming sense of positivity, feminism is more often talked about like "terrorism" and "global warming" are talked about: they're feared.

But feminism is synonymous with gender equality. It may have started as a women's movement, but it now strives toward equal economic status between men and women. Frankly, feminism is easier to explain than my IUD, yet it's somehow more confusing to people than my New Age, cyborg birth control.

Here's the thing: this journey toward equality is important for both men and women. But people tip-toe around this f-word because they don't know how to approach it when chest-pounding extremists tell us one thing — mainly that women need to improve their unequal rights potentially at the expense of men's rights — and society tells us there's an inherent societal patriarchy. Either way, the term feminism implies that a lot more

work has to be done for women and men to be equal. But it's not just about shattering stereotypical female roles — it's about shattering men's, too.

We need to look at feminism beyond the idea that it's only about women not being equal to men because men aren't equal to this societal ideal of masculinity either. Although feminism is often preached about by women — celebrity spokespeople and idols like Emma Watson and Serena Williams who have helped create the hype surrounding feminism — it took a "formal invitation" for men to join the conversation. Yes, the "fem" prefix appears to imply some sort of exclusivity — an invite to an all-female movement intended for women only. But it's not. And it shouldn't threaten any man's "masculinity" or elicit fear into their testosterone-filled bodies, nor should it only advocate for women's rights.

Aiming for equality means finding an acceptable balance between men and women in society. It does not and should not mean that either gender must embody ideals of femininity or masculinity — both of which are social constructs that are hindering this movement.

Women can't strive to be equal to men — be as successful as men or as powerful as men — when we are telling men to act like men or "toughen up." That ideology itself is more unattainable than feminism. It creates an unrealistic expectation for men that they should measure up to a standard that simply shouldn't exist. It's like telling women they live in a man's world and that's the way it is.

Feminism is exactly what we want it to be if you simply say "I agree" to the terms and conditions. It's the idea that chivalry shouldn't exist if women want equal economic statuses. If you're going to pay for her dinner or open the door for her, don't do it because it's the "gentlemanly" thing to do. It's the idea that a kitchen is as much a man's domain as it is a women's. Men are capable of washing dishes, making dinner, and cleaning up after themselves — let them. And for God's sake, she'll go down on you if you go down on her.

The problem right now is that feminism should be a non-issue, but instead it is still a scary, foreign concept to many, and

it doesn't feel like a positive change. We need people to understand the movement, understand that these issues of inequality are alive and well, and we need people who are willing to help make a change. Maybe then we can improve the connotation of "feminism" and forget that it was once such a "bad" word.

Ghosting, a strategy most foul, strange, and unnatural

By Pia Araneta

“TO GHOST, OR NOT TO GHOST,”

Hamlet contemplated, glaring at the piling notifications on his phone — an endless list of messages all from Ophelia and all left without a reply. *Ding!* It was her 24th text that morning. “I guess t’will beest a ghosting then,” Hamlet concluded, eventually leading to Ophelia drowning in a swamp.

Dating in today’s culture — where a millennial’s main form of communication is texting — chances are, you’ve ghosted someone or been ghosted yourself. Ghosting is the term given for cutting off all forms of communication with your temporal Tinder bae, hoping they will “get the hint” that he or she is no longer worthy of your 2 a.m. booty call. The spooky technique works well for those who quiver at the thought of confrontation and regard the silent treatment as a plan of action worthy of Zeus himself — who was infamous for his masterful juggling of mythical side chicks, be it Goddess, human, or rock. Though ghosting may seem like the easiest way to cut ties and end a relationship (I plead guilty), do you know who’s left without a proper explanation? The goddess, the human, and the rock.

“A relationship that was pretty insignificant to a person can take weeks to get over only because of the method of termination,” Dr. Alice Sohn, a clinical psychologist, told *Bustle* in an interview. “It’s not because the relationship itself was so fantastic and not even because the other person was very appealing, but just because people can’t tolerate being left without explanation.”

As a former ghostee, I can relate to the madness which results from being left without an explanation — “oh, woe is me, t’have been ghosted,” cries Ophelia. The tactic has made me lose a lot of respect for people I would have otherwise been able to regard warmly but still, it didn’t stop me from committing the act so foul and unfair. I once ghosted someone after a couple dates, deciding I saw no future with him. I began archiving any message he sent me, instead of telling him up front the harsh but honest truth. Life bit me in the ass when I realized he actually lived in the same apartment building as me. I maneuvered through the hallways with a con-

stant sense of fear and guilt, praying not to encounter a problem I was too immature to handle — ghosting really does say a lot about someone’s maturity and communication skills. A quick conversation with someone, telling them the honest truth about your lack of interest can give closure to even the most undeserving of dates, rather than leaving them flailing helplessly in the deep end of your DM.

Asking some of my friends the reasons why they’ve ghosted others, some included: bad sex, a terrible date, incompatibility (when you realize you’re on a date with a full-blown racist), rising annoyance or just a general lack of interest. It’s hard not to take the easy way out by virtually disappearing. There’s even an app designed to ghost people for you — by turning on the ghosting feature on the Burner app, contacts will receive generic answers generated by the app that come off as dry, disengaged responses. This is perfect for all you lazy heartless bastards out there.

With ghosting becoming such a common method in terminating relationships, it’s unfair to peg everyone who ghosts as a bad person. Considering the possible effects it can have on the recipient, perhaps it would be best to let the poor sucker know your true colours — a.k.a. not responding to your next “where art thou?” inquiry with “new phone, who dis?”

Our drug problem needs a doctor

Written By Feo P-S Illustrations by Rebecca Cormier

Back in September, Health Canada made a decision that makes it possible for physicians to prescribe heroin to opioid addicts. Through this new policy, patients for whom other harm reduction treatments have failed can be exceptionally prescribed the drug — a potentially life-saving intervention, especially in the midst of Alberta's fentanyl epidemic. Such treatment plans have years of research backing them, but this doesn't mean that they are without their detractors. For one, our last government had a strong stance against these "harm reduction" treatments — a position that seemed to come from a misunderstanding of addiction in general.

Most people won't disagree that drug addiction is pretty damn shitty. That said, despite recent calls for a better understanding of drug use disorder, many Canadians still view addiction as a matter of poor willpower and moral weakness. Such an opinion is not only ridiculous but also dangerous to addicts and to society in general. To really start to understand addiction and how we are to deal with it, then, three basic propositions need to be entertained: that addiction is a mental illness, that it is a social responsibility to acknowledge it as such, and that addiction therefore needs to be treated through public medical care.



The Diagnostic and Statistical Manual of Mental Disorders (DSM V) describes substance use disorders as "a cluster of cognitive, behavioural, and physiological symptoms (that results in) using the substance despite significant substance-related problems," often caused by "an underlying change in brain circuits that may persist beyond detoxification." In other words, drug addiction is a very real illness that screws up the way you think, act, and feel on a biochemical level, even once you stop using the drug. But like any other illness, it has risk factors, causes, prognoses, and, thankfully, treatment plans.

Because of the profound effect of addictive substances on the mind's circuitry, the only place where you could conceivably lay blame on addicts for their condition is their trying the drug in the first place, and that's kind of absurd. There are scores of factors that account for initial drug use, very few of which actually involve willpower or, good God, morality. Environmental risk factors such as poverty, friend groups, family life, and little formal support from institutions such as schools all can contribute to drug use.

Many of these are macro-social problems — failings that are engrained into the institutions and social structures that surround us — and in that way, they are a product, however indirectly, of the actors in those structures. That means that we are, as components of a society that can produce drug addiction in the first place, complicit in creating the risk factors that lead to addiction. The onus for combatting addiction's roots, then, is not on the individual but on all of us. This doesn't just refer to relatively small-scale policy changes like Health Canada's heroin decision but also to considerations of how our way of life, especially economically, contributes to the rise of illnesses both within and without our immediate social circles.

But our social responsibility toward addiction and mental illness in general doesn't just end with its prevention. On a less abstractly institutional level, drug addiction — and especially the fentanyl crisis plaguing Alberta today — has an extremely heavy "burden of disease." That is to say that if we do not publicly fund its treatment,

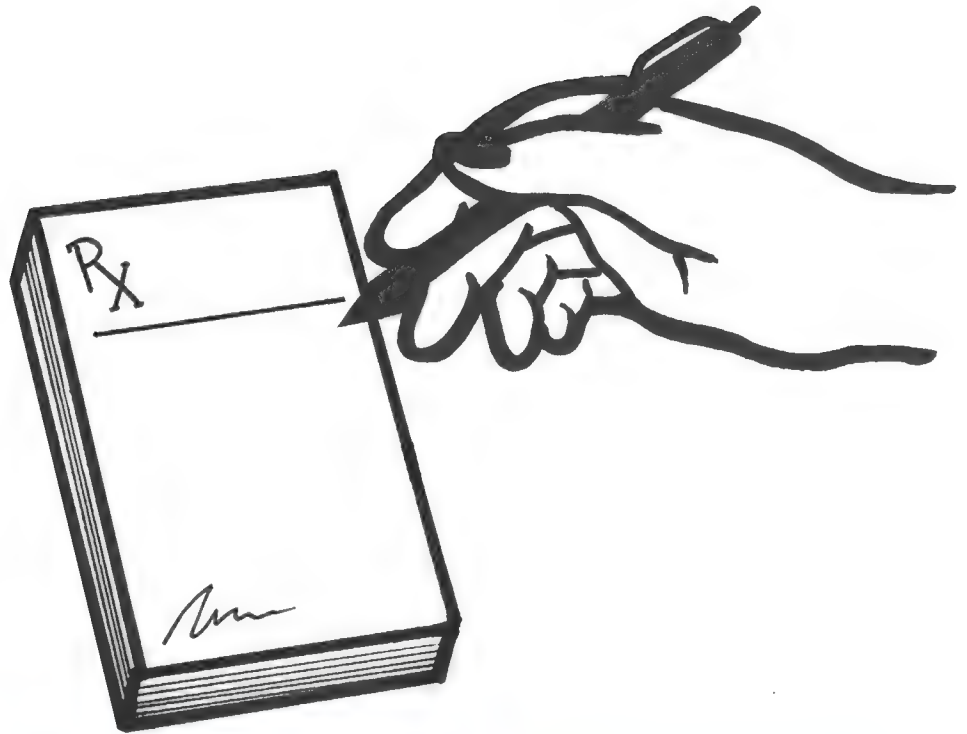


serious and very concrete socioeconomic ramifications will follow.

Economically, ignoring addiction as an illness means continued needle-stick transmission of Hep-C and HIV, swamped publicly-funded homeless shelters, overdoses, ER visits, and, you know, the literal cost of death. Socially, you only need to ask an Albertan to hear about a friend of a friend's family mourning a child lost to fentanyl, the struggle of entire Aboriginal communities against a drug that kills several times a week, and the seas of homeless on Vancouver's East Hastings Street. Drug addiction's treatment can and does lead to gains in all those

cases, and also increases *your* safety by reducing petty crime and drug-related murders.

In the end, we fund the medical treatment of addiction for the same reason that we fund every other medical treatment: it's an illness whose effects do not exist in an individualistic vacuum. To ignore or dismiss addiction's status as such, then, is dangerous. It has a profound socioeconomic impact, grossly disrespects those battling with addiction, and moves them further and further from a solution. Addiction's medical treatment is also then part of a larger approach to mental illness that deems the treatment of such conditions a social obligation — something that must be done today if we are to hope for a healthier society tomorrow.



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EVERYONE CHANGES, INCLUDING NATHAN LEVASSEUR

BY SAM PODGURNY

With its smooth edges, glossy cap, nondescript barcode, and electric blue background, you wouldn't be blamed for thinking Nathan Levasseur's drawing was pulled from an introductory advertising textbook. A second look, however, will instil keener viewers with a different sentiment — after all, “Everyone Changes” isn't exactly your standard feel-good slogan.

“At first glance, the colours, and the composition are pretty straightforward,” says Levasseur. “After a while though, you might be unsure of what's going on, and that's where the depth of my work comes from. It's about not necessarily being able to read it right away.”

In spite of what his portfolio may imply, Nathan Levasseur is not a mass manufacturer, a marketing consultant, or a brand manager. He is a student at the University of Alberta, who is currently working towards his Bachelor of Fine Arts in Graphic Design + Intermedia. With only a few classes remaining, Levasseur has reached the bittersweet last leg of his U of A journey, where the line between looking back and forward seems to be blurred.

“It's been a weird program that's for sure,” he says. “The professors have been supportive, but there's not a lot of focus on contemporary work, or a desire to look (at styles) outside of those which are typical to Edmonton. Which can be frustrating.”

Frustration is a feeling likely shared among many of his peers, Levasseur suggests. With ambitions that sometimes feel beyond the scope of artistic practice at the U of A, there becomes an undeniable allure to explore more taboo topics elsewhere, outside of the city's borders.

“I definitely want to do a Masters of Design, but it won't be in Edmonton,” he says. “The university seems to produce a lot of work in a similar way, and I feel most of what I look to is coming out of New York or Toronto. Because I'm not specifically interested in the U of A's style, it's been hard to find anything here in the city that connects with me fully.”

The style which Levasseur alludes to will be familiar to long time Edmontonians — it's that “80s abstract, impressionist steel sculpture you can see all around campus or the city,” he says. “It doesn't necessarily shoot out at you or anything, but that's very U of A.”

When comparing the aesthetic of Levasseur's personal works (which are almost exclusively digital), to those which are common throughout the university, it's not surprising that swaying others to come around to his style hasn't

always been easy.

“I still haven't convinced people the things I do are interesting,” laughs Levasseur. “A lot of times I will present an idea but by the end it will be something totally different and really pulled back. For almost a year, I didn't make a single object. I would just do the digital drawings, which made it especially difficult to convince people. But usually once I explained the theory behind why I specifically used digital, it was okay.”

All of this isn't to say the U of A and its teachings haven't had a significant impact on Levasseur's abilities, or the way he approaches his work. Theory is a specific element which, thanks to his coursework, has become what he calls “the backbone of where (he) gets started,” and it was through the “giant reading list” provided by one of his professors that he was put onto a major component of his image-making, typography.

Leaving academia for the working world will undoubtedly force Levasseur to face both unknown obstacles and unanswerable questions. It's at this early stage in his career that the choices he's made in school, and the skills he's worked to develop will be put to the ultimate test.

“I think it's necessary to be a jack of all trades,” he says. “That's how I've tried to focus my education I want to have a strong background in fine arts, but also represent myself in a way that's easy to engage with and makes sense — as an artist, you're going to need to present yourself digitally on a website, and people want to look at something that's nice and easy to read.”

This is easier said than done of course. While his particular form of visual artistry may come naturally, branding, and finding ways of presenting his work to the public is still an art form that Levasseur has yet to master.

“I really have no idea how to engage in it,” he says. “Clearly it's a part of the industry, but there's lots of things that I'm too unnerved by or anxious to get behind, like using 800 hashtags. There are times I will wish I could get more freelance work, but how do you do that? Is it by doing weird self-promotional stuff? I don't know if there's a right or an honest way to approach it. You just do it.”

With his work, Levasseur invites audiences to embrace that which isn't immediately clear, challenging them to consider and reconsider what's being presented in front of them. Now, on the verge of graduation and without a clear path to follow, it's his turn to welcome uncertainty.



YOU
AND
ME



ABOVE Nathan Levasseur in his studio at the U of A.

BELOW *Everyone Changes*, digital drawing, 36 x 36 in.

OPPOSITE *You And Me*, typographic poster, 24 x 24 in.



Losing Local Status



Filthy Casual and the condition of Edmonton's comic community

BY SAM PODGURNY

Walking through the packed halls of Edmonton's Comic and Entertainment Expo, it's easy to assume a strong sense of community from the eclectic attendees. In a city known for its practicality and blue-collar mindset, the masses of Edmonton comic lovers, cosplay creatives, and nerd-culture vendors appear distinct and united in their shared passion for pop culture. So, for a local gaming apparel brand that has grown up alongside Edmonton's comic con culture, there should be no better place than home to build their business. Right?

"Being home feels alien sometimes to be honest," says Mike Gaboury, of the gaming-based clothing brand Filthy Casual. "Of all the places and conventions we visit, Edmonton is the one place we never get recognized. Anywhere else, we'll have people stop us in the streets, but in our home town no one knows who we are," finishes company co-owner, and Gaboury's long-time friend, Jason Soprovich.

From the days of playing World of Warcraft in the basement of Gaboury's mom's house, to year-round travels to North America's largest comic book and entertainment expos, both have shared a passion for "con culture." Before Filthy Casual however, was Cherry Sauce, Gaboury and Soprovich's first foray into selling gaming and comics related t-shirts — a collection of Pokémon tees was their claim to minor fame. It was the Filthy Casual rebranding, however, that propelled the start-up business to new levels of success, catering to a niche of lifestyle apparel for gamers. With stops in Boston, San Diego, New York, and Texas becoming the norm and a growing fan base worldwide, where does Edmonton fit into their story?

Gaboury points to their early Edmonton friend group as key to their survival, spreading word of mouth around town, and bringing the brand "out of the basement and into comic cons." Once they began to find success through their online presence, the enthusiasm of their friends didn't translate into the larger Edmonton gaming and convention population.

"We've done the Edmonton and Calgary conventions more than any other, and still the people walking around will say 'oh we've

never heard of you guys before, where are you from?'" says Soprovich with a chuckle. "We'll still get people running up to our booth asking for the old Pokémon shirts, the crappy part about it is since we stopped printing them, no one's become interested in hearing what Filthy Casual is about, it's like 'oh, you're not doing your comic shit anymore, well, bye.'"

Due in part to this attitude, Filthy Casual moved its operations to Florida, and have invested the majority of their resources visiting conventions around the States. For them it was a question of "following the interest" in their company, which has continued to lead them perpetually away from where the brand began.

"Support has come from everywhere outside of Alberta," says Soprovich. "People in Vancouver and Toronto have been trying to get us for the past four years, throughout the States, Australia, and Europe, everywhere seems to be supportive except for here."

As for why Filthy Casual and the culture it's part of fails to connect with Edmontonians, Gaboury has a few thoughts.

"When I look at the majority of people

who come to this convention, they're content with buying a 'Bazinga!' shirt to prove they're a geek," Gaboury says. "People find what they like and generally don't push for new or different things to experience. There's nothing wrong with that, but it's not the Filthy Casual identity."

Gaboury's other answer lies in a word so easily said but rarely implemented: community — or in this case, the lack thereof.

"The problem is that the individual groups which do exist in Edmonton are not becoming a community," Gaboury says. "Everyone will congregate for a second to get something, but will immediately go back to wherever and whatever they were doing."

Without a stronger sense of community to support the niche ideas emerging in our city, we will continue to drive away businesses rather than grow them. As it stands now, for a company like Filthy Casual, the truth of the matter is perfectly captured by Soprovich.

"The faster the business grows, the more we want to move it somewhere that's nurturing. The reality, however, is that we're stuck here right now because we're not growing fast enough, but the reason we're not growing fast enough is because we're here."



Your boots are UGG-ly

By Jon Ziinski

"They're so comfortable and easy, but they look so shitty," says third-year Biological Science major MacKenzie Leland. "Quality pillow sacks? I don't know."

Every year during Edmonton's six to eight month-long winter, the University of Alberta campus is flooded with students wearing clunky pillow-like sheepskin boots. UGGs are about as flattering as rubber boots, and instantly bring down the wearers sex-appeal level to a can of beans. However, since the majority of the academic year is damn cold, people will gladly disregard aesthetics in exchange for comfort, because let's face it — UGGs are like wearing blankets on your feet.

In the history of fashion, sheepskin boots have been around for thousands of years, but where exactly did this pillow-like hybrid come from?

Multiple people have claimed to have invented the boot, however the UGG brand we know and love/hate was founded in 1978 by Australian surfers. The boots boomed as an anti-fashion statement and everyone realizing how goddamn comfy they are. From surfers, to the 1994 U.S. Olympic team, even celebrities like Cameron Diaz and Leonardo DiCaprio

stopped giving a shit. The worldwide phenomenon of wearing slippers in public was born.

Today, the company makes over \$1 billion in sales annually making UGGs a heavyweight in the global footwear industry. Subsequently, its wearers are primarily categorized as suburban middle to upper middle class females aged 15-26ish. This demographic is mocked and labelled as "basic" or "basic bitches." Wearers are often stereotyped as "ditzy" individuals who enjoy the fine pleasures of complicated Starbucks orders, This month's fitness fad, and being too lazy, so they're just having a comfy day, okay? It is often said that these are the women who "literally cannot." Though it is extremely unfair to categorize women who wear these boots as unintelligent, fashion backward individuals, the stigma unfortunately remains in our society.

UGGs are without a doubt one of fashion's biggest faux pas; however, it's unlikely they'll fall off anytime soon. So you might as well buckle up buckaroo and go get yourself a damn pair like everyone else.

*Names have been changed to protect interviewee from "sounding like an airhead."



****Cameron Diaz Supports UGG-ly boots**



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SARKARIA LEADS BEARS SOCCER YOUTH MOVEMENT TO SUCCESS

Written & Photo By Mitch Sorensen

When the Canada West Men's soccer season kicked off in late August, Len Vickery couldn't have imagined where his team would be going into October.

"(The season) has gone really unexpectedly very well," Vickery, head coach of the Bears, said. "I'd never heave thought we would be 9-0-1 at this point in the season."

As it turns out, the soccer Bears finished first in the Canada West and CIS standings with a 13-1-2 record. Leading the conference in team goals, offence has come in spades for the Bears. At the centre of that offence is first-year striker Ajeej Sarkaria, a local product producing enormous numbers.

Growing up in Edmonton, Sarkaria played through the Juventus club system before signing his first pro contract with FC Edmonton at 17-years old. Modelling his game after French striker Zinedine Zidane, Sarkaria went on to be a part of the Eddies' academy and played internationally in Sweden and Germany.

"It was really good, the level was really high," said Sarkaria of his experience playing overseas. "In Germany I was playing in a U23 league. It was really tough, but I'll never regret going."

Sarkaria said he was in regular contact with Vickery throughout his time in the pro ranks, when he decided to leave the pro game to return for his degree, the Golden Bears program was ready to have him back. Along with Sarkaria, midfielders Ajay Khabra and Bruno Zebie came up through the same channels.

"These boys tend to be comfortable around each other, and they're close friends," Vickery said. "We're the benefactor of that because we have all of them here at the university."

With only two fifth-year players on the roster, Vickery said he was proud of the way his young team has stepped up this season. In addition to Sarkaria, seven other players on the Bears roster are freshmen, including several starters.

These young players have taken on greater roles as several senior players have been injured this season. Team captain and defensive midfielder Tim Hickson as well as striker Nikko Cuglietta have both been injured, but Vickery said his team has risen to the occasion.

"We've had wonderful contributions from guys like (second-year defender) Cam Sjerve, as well as (first-year defender) Noah Cunningham," Vickery said. "We've got several first-years on this team, and they're all doing incredibly well."

Leading the charge for those first-years is Sarkaria, who has filled the net steadily since his first match. With 19 goals and 25 points on the season, Sarkaria broke Canada West records for goals and points this season. Despite finding the twine more than any player in Canada so far this year, Sarkaria said he can often be his own biggest critic.

"I have really high expectations," Sarkaria said. "When I make a mistake, I get really angry and frustrated. That just fuels me to go after it more."

That competitive edge was also pointed out by Vickery, as he recalled a game against Thompson Rivers University in which Sarkaria was frustrated with only scoring once.

"I don't think it's reasonable to expect him to score eight points in a weekend," Vickery said. "But as long as he's getting in position to get goals and lay on goals for his teammates, his points will come."

When asked about the role of his teammates in his success this season, Sarkaria was quick to credit the rest of the Bears.

"We have a really strong team, they set me up in scoring positions all game long," Sarkaria said. "They've played at high levels and have great leadership, so they help me a lot."

Having qualified first for Canada West Finals, both Sarkaria and Vickery are confident that the team can go far into the playoffs. The top two teams from Canada West Final Four go on to the CIS Finals in Guelph November 10-13th.

"Our goal has always been to make the playoffs and look for some Canada West silverware, and give ourselves the opportunity to experience a national tournament," Vickery said.

When it came to how far his team could go in the playoffs, Sarkaria said there was a lot to be excited about.

"The way we're playing, if we can keep healthy and avoid injuries, there's no telling what we can do."



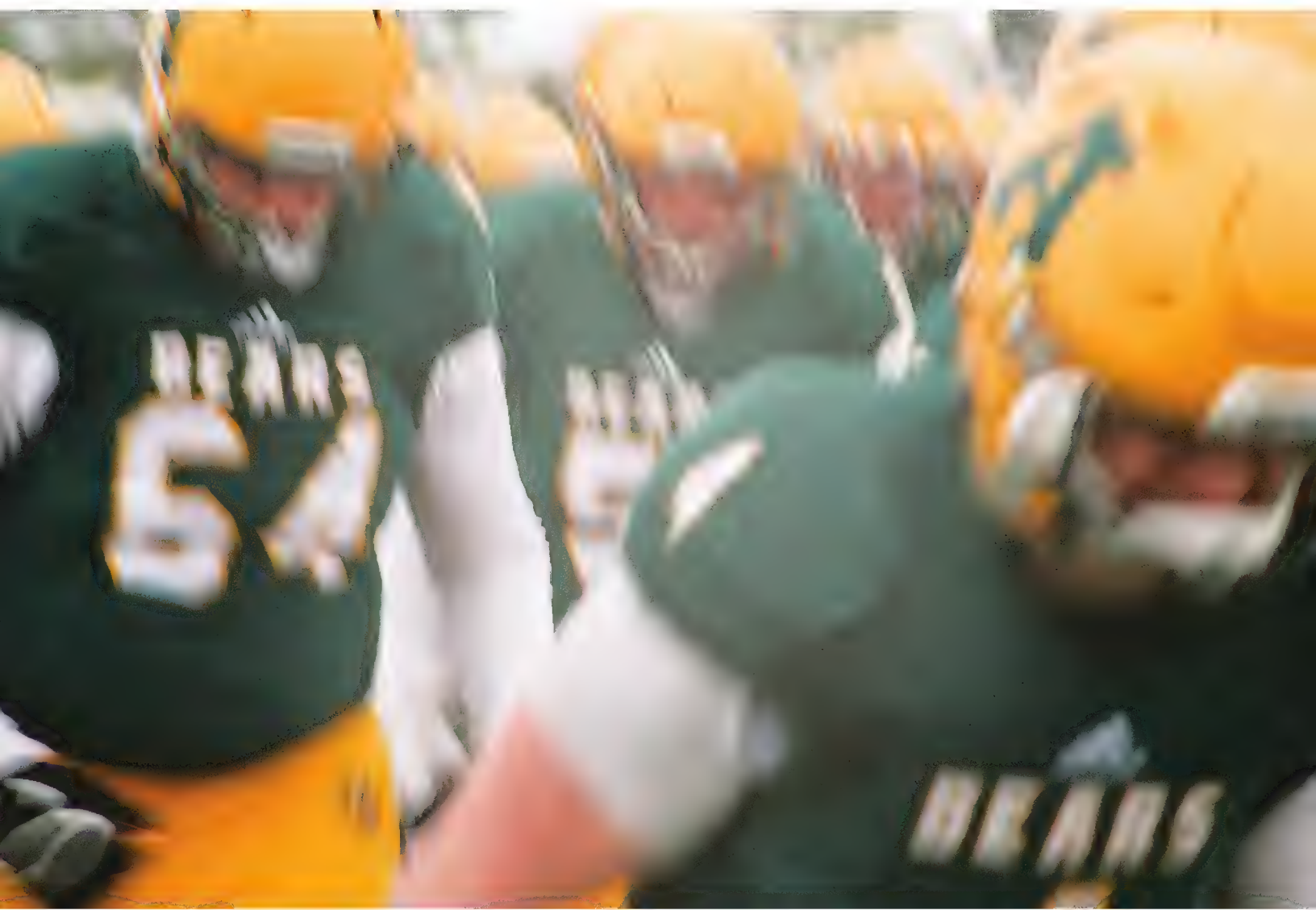
TOP #10 Ajeer Sarkaria runs the ball against MacEwan. **BELOW** #23 Ajay Khabra fights off a tackle.
OPPOSITE Assortment of shots from the game, #11 Tolu Esan is seen taking a plunge.

The Golden Bears celebrated their first win of the season against the Regina Rams on Saturday October 15th, 2016.

Photos on 35MM By Joshua Storie









MORE

SCHOLAR FOR THE

DOLLAR:

BY JOSH GRESCHNER

FORMER University of Alberta contract instructor Theo Finigan thinks it was funny when his students called him “professor.”

“People would use the term ‘professor’ and that’s fine, I wouldn’t correct you,” Finigan says. “But that’s not my actual title.”

Finigan has a PhD from the U of A’s Department of English and Film Studies, and after he earned his doctorate, he worked from 2011 to 2016 as a contract instructor, one of the many part-time, low paying positions at the U of A. In grad school, he says he had naïve assumptions about the academic job market.

“It quickly became apparent that it was a fantasy a lot of us had that just getting a PhD means ‘here’s your job,’” Finigan says.

He applied to multiple institutions but didn’t get a full-time position. Finigan realized the competitiveness of full-time positions when he applied to a small Lutheran college in Washington state and there were about 400 applicants. He settled to work as a contract instructor at the U of A.

“For me to make approximately \$40,000 a year (as a contract instructor), I’d have to teach seven or eight courses: three fall, three winter, and one or two in the spring or summer, which doesn’t sound like a hell of a lot, but it is,” Finigan says.

He says he felt grateful for getting course assignments and for being able to teach upper level courses, but the lack of job security and the need to reapply for his position every year once his contract expired dissuaded him, and he finished working as a contract instructor at the U of A in June. The career wasn’t viable for him long term and he decided to live with his partner in B.C.

“You have to stay on this hamster wheel to survive,” Finigan says.

There are many ranks of academic faculty at the U of A. The highest earning and often most prestigious academic position is

THE PREDICAMENT

OF

a tenured professor – earning about a minimum \$120,000 per year, and potentially much higher, as the 2016 sunshine list reveals, especially in faculties such as Business, Law, and Medicine. The expectations of tenured professors is generally to dedicate 40 per cent of their work to research, 40 per cent to teaching, and 20 per cent to administrative duties. Tenured professors for the most part have excellent job security and enjoy academic freedom, which York University’s Michiel Horn describes as “the freedom of professors to teach, do research, and publish; to address issues publicly without fear of institutional sanctions; and to criticize and help determine the policies of the universities in which they work.”

Becoming a fully-tenured professor at the U of A and in Canada has become increasingly difficult in recent years. According to Alison Sekuler, Associate Vice-President and Dean of Graduate Studies at McMaster University, “it’s now estimated that at most one out of every four PhDs will end up in full-time university faculty positions, with the vast majority of doctoral students finding employment elsewhere.”

York University sociologist Indhu Rajagopal, in her 2002 book *Hidden Academics: Contract Faculty in Canadian Universities*, writes that the Canadian public funding model for universities has shifted since the 1960s, in which governments made significant capital investments in universities and created new major spending programs. There was “faith in the economic value of higher education and confidence that it would repay an investment of large-scale public funding.” Attending university in Canada became enormously popular during the ‘60s: full-time enrolment in Ontario rose from 32,000 in 1960 to 120,000 in 1970, while attendance at the U of A rose from 5,000 to 17,500 in the same decade.

There was concern about high university operating budgets in the 1970s, and according to the Association of Universities and Colleges of Canada, “provinces began to shift funding away from

CONTRACT

ACADEMIC

STAFF

education.” Universities needed to cut costs, and administrators had, as Rajagopal characterizes Cynthia Hardy’s conclusion, “two choices: either cut salaries and hire cheaper teaching resources to handle enrolment bulges, or retrench tenured faculty.”

Administrators often chose the former. Contract positions existed in universities in order to replace instructors during sabbaticals or other leaves of absence. But Rajagopal observes that in Canada in the mid ‘70s, contract faculty began to significantly replace full-time faculty.

Since then, university enrolment, and expenditures, have increased. According to Statistics Canada, 1,955,300 total students in Canada in 2010/2011 has increased to 2,048,019 in 2013/2014, while, according to Higher Education Strategy Associates, total labour costs at Canadian universities have risen 10 per cent while income has risen only five per cent: Alex Usher concludes such a financial model is “probably not sustainable in the long term.” The U of A experienced similar trends, as enrolment increased from 26,030 full-time and nearly 4,000 part-time students in 1999-00, to 33,617 full-time and 3,229 part-time students in 2015/2016. The U of A’s financial situation was described simply in a 2014/2015 budget document: “expenditure rates are increasing faster than revenues.” The amount of revenue from the provincial government has never been higher, but neither have university expenses. The logic was that more and more students needed to be taught for less.

One of the U of A’s major annual expenses, according to the 2015/2016 operating budget, is staff salaries and benefits, which constitute 60 per cent of total costs. In order to curb the rising expenditures of salaries and benefits of academic staff over the years, large bodies of contract academic staff, who work part-time and earn much less than tenured professors, have gradually emerged at the U of A and in most North American universities. According to Academica interpreting the U.S. Department of Education, in 1976,

"full-time tenured and tenure-track faculty made up 44.6 per cent of instructional staff in higher education, with part-time faculty making up just 25.1 per cent. However, in the nearly 40 years since then, the two lines have moved in opposite direction: full-time tenured and tenure track faculty are now just 23.6 per cent of instructional staff and part-time faculty are 41.5 per cent." The same study reports that part-time faculty, full-time non-tenure track faculty, and graduate instructional staff constitute 76.4 per cent of America's postsecondary instructional staff.

Much information about contract faculty in Canada is unavailable. According to the *Globe and Mail's* Simona Chiose, "In Canada, publicly available data on contract faculty does not exist on a national, or even provincial basis." Sylvain Schtetagne of the Canadian Association of University Teachers estimates "more than 30 per cent of academic staff in Canadian post-secondary institutions are faced with short-term, insecure employment."

Carolyn Sale, president of the Association of Academic Staff University of Alberta (AASUA), estimates the amount of contract academic staff at the U of A to be "at least 40 per cent."

Students are often unaware of the conditions under which contract academics work. Working conditions vary depending on the faculty and departments that hires.

"With contract academics there's no one size fits all. We're a wide variety" says Kelly MacFarlane, Chair of the Contract Academic Staff: Teaching (CAS:T) Committee of the AASUA. MacFarlane is also a faculty lecturer in the U of A's Department of History and Classics, a renewable five-year position that she describes as "quasi real faculty, and quasi CAS:T member."

The majority of contract academic staff who work in the Faculty of Arts and the Faculty of Science, for example, teaching on temporary contracts is their primary job. Most contract academics at the U of A earn between \$7,228 per course in their first year of teaching, and \$8,889 per course in their eighth and subsequent years. Contract faculty don't have control over what courses and how many courses they teach: if fully-tenured staff want to teach courses, contract faculty don't teach them.

"The biggest thing when it comes to working conditions in my experience is (questions such as) 'Am I going to be able to pay my bills next year?' 'Am I going to have teaching next year?'" MacFarlane says.

Unless contract academics get lucky, MacFarlane says, and earn contracts to teach three courses in the fall and three in the winter, their work is considered part-time and doesn't come with benefits that include health, vision and dental coverage.

"A lot of people won't get six courses," MacFarlane

says. "They'll get five or four or three, and you try to cobble together a working salary or living wage."

Contract academic staff re-apply for their jobs every year and at the end of April, they're often unsure if they'll find work in September. Often they find out they will be offered courses on short notice, if at all.

"You scan the headlines and think 'Oh yeah, this person is on sabbatical, wonderful, maternity leave, oh yay, hit by a car, score, there are courses available,'" MacFarlane says. "That's a horrible way to live. We really don't want anyone to be hit by a car."

Contract faculty wages have hardly changed since the early 1990s. The justification for the low pay is that contract faculty are temporary staff and only paid for teaching time, but MacFarlane explains that teaching requires more work than what students experience as teaching in the classroom.

"You scan the headlines and think, 'Oh yeah, this person is on sabbatical, wonderful, maternity leave, oh yay, hit by a car, score, there are courses available'"

"If you're on an eight month contract, you are paid September through April. If classes start on September 1, when have you prepared that course? You've prepared it in August because you can't walk in on September 1st and say 'Sorry guys, I just started the job today, I don't have a syllabus, I haven't ordered textbooks, but trust me it'll be a great course.'"

Contract faculty who don't teach three fall courses and three winter courses per year don't receive professional expense allowances to purchase teaching materials such as whiteboard markers, paper, and printing ink. Depending on the faculty that's hiring, office space can be limited, and staff frequently share offices. A lack of a professional expense allowance requires contract faculty to pay for their own professional development, and they must pay their own way to attend conferences. Grants cover some costs, but many contract staff are ineligible for grants.

"A lot of us struggle in our research because there really isn't the access to funding for it," MacFarlane says.

Contract faculty who seek lasting, full-time positions are often in a predicament. There are few tenure-track jobs, but earning them is difficult because of the constraints of working on short-term teaching contracts. According to Peter Midgley, acquisitions editor at the University of Alberta Press, publishing monographs (book-length studies) was something scholars often did as a reflection of their work at the end of their career. Monographs are

now often required of tenure-track position candidates. As an increasing number of contract academics are teaching, attending to students, writing grants, and earning low wages, they can only find time to write chapters and articles, and publishing anthologies has become more common. University presses have had to adapt.

"People used to have to do a really solid job to be a professor," says Cathie Crooks, associate director of the Press. "Now I think you have to be a rockstar."

MacFarlane says that earning desirable academic positions requires more than teaching and research talent.

"We like to think of (the academic world) as a meritocracy," MacFarlane says. "It's not. A lot of times (getting hired) is plain luck. You have the discipline that's hiring and they wanted someone with your specialty when it came time."

MacFarlane attributes earning her position as a faculty lecturer to hard work as well as her husband, a tenured faculty member at the U of A, being offered jobs elsewhere.

"The (U of A) said 'If we offer your wife a faculty lectureship, will you stay?' He said 'Ok.' There needed to be something to trigger open the magic pot of retention money," MacFarlane says.

MacFarlane likens the situation of getting hired in full-time academic positions to a "gold ring at the carnival."

"Everyone's trying, and a couple of people are going to get it. The rest of us have more precarious positions."

If those who want a tenure-track job aren't lucky, like Finigan, they sign contracts academic year after academic year and hope for full-time positions to become available.

"The rough stats I think are basically three out of four (contract academic staff) are in that four month to eight month mill," Sale says. "We can see the numbers dropping off over sort of five, 10, 15 year periods. Once we get to that 20 year mark we're down to a very small number of contract academic staff who've managed to hang on in those precarious circumstances."

"For me to make approximately \$40,000 a year, I'd have to teach seven or eight courses"

Even if jobs become available, many contract faculty aren't considered for tenure-track employment after they reach a certain age because faculties often look for young candidates.

"We're not temporary by any stretch of the imagination," MacFarlane says.

Academics whose primary job is contract teaching report the inability to pay off debt, difficulty getting mortgages, starting families and saving for retirement. Lack of morale and mental health are

Features

frequently-discussed topics.

The growing body of contract academic staff concerns Sale, not only for the conditions under which they work, but because it affects academic freedom.

"If you have people who are focused on performing at their job in a way that they will secure another precarious contract or two for the next year, (there is little) likelihood that they're going to feel empowered to be speaking about the work that they do in ways that would be consistent with academic freedom, or exercising intramural freedom of critique," Sale says.

Sale believes the conditions under which contract academic staff continue to work result from a "lack of social will" from administration.

"I would say it's not just a money problem, it's a problem with the ethos of university culture," Sale says. "Being able to pay contract academic staff less helps (budgets) and administration would probably take the position that its budgetary constraints are compelling them to do this. But I would not rest easy with the idea that it's all about the money.

"It's actually a failure of social ideas and social commitment."

Administration, faculty, students as well as the public, are becoming aware of the high percentages of contract faculty in universities. One of President David Turpin's points in the U of A's Institutional Strategic Plan is to "Stabilize long-term investments in contract academic staff by offering career paths that include the possibility of continuing appointments based on demonstrated excellence in teaching." The idea of a teaching-tenure stream, in which academics would earn tenure by working as instructors, has been circulating on campus.

MacFarlane would support a teaching tenure stream as long as it is teaching-intensive rather than teaching-only. She thinks academic freedom could be protected if the contracts of teaching tenure staff didn't end. MacFarlane says contract academic staff have academic freedom but contracts can expire and don't have to be renewed – proving a contract wasn't renewed due to outspokenness is difficult.

Finigan acknowledges the teaching tenure stream could have problems, but he feels that contract academics are already a de facto second class.

"If this is the way things are going, by virtue of

how this thing has been working we need to formalize it a little bit more, and stop kidding ourselves on both sides."

The AASUA doesn't have an official position on the tenure stream, but Sale has reservations. She says the tenure stream might be "a new sort of competitive thing for academics to be applying for from across the country" rather than a hiring stream directed toward current U of A staff.

Some consider the conditions of contract academic staff to be exploitative. MacFarlane doesn't quite agree.

"I hate the word exploit, but (I prefer) overworked because you love the job that you do. And so we find ourselves doing more than we are paid to do and more than we necessarily should be doing. But at the same time, we want to do it because we love what we do, we love the teaching, we love the research, we love the university world.

"Unfortunately, we love what we do."

Interviews with Provost Steven Dew and Dean of Arts Lesley Cormack could not be completely in time for magazine publication. For a complete version of the article, please visit gtwy.ca.

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Erik Waterkotte

Exhibition by Erik Waterkotte ('05 MFA) explores the myth and magic found in American history and popular culture using print, mixed-media, installation and video.

Annea Lockwood: A Sound Map of the Housatonic River

An aural tracing of rivers sources from Berkshires, Massachusetts, to Long Island Sound, Connecticut, in this four-channel sound installation by Annea Lockwood, a sound artist and graduate of the Royal College of Music.



U of A | STUDIO THEATRE

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*No show Sunday, November 27.

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THE TROUBLE WITH FOOD... AND SHAME, AND SELF-CRITICISM, AND STARVATION

WRITTEN BY JAMIE SARKONAK & ILLUSTRATION BY ADAIRE BEATTY

AT 16, Hannah Kinsella was admitted to the University of Alberta.

Her application package: a frail 5'8 frame weighing 111 pounds, a daily intake of 500 calories, a palpating heart, and a belief that she needed to be smaller. She wasn't becoming an undergraduate student; she was a diagnosed anorexic entering the eating disorder program in the Clinical Sciences building.

In Grade 10, Kinsella's tall, "gangly" frame began to fill out with the onset of puberty — having always identified with being slim, she wasn't comfortable with her new curves. Her peers noticed, and they teased her: "You're going to have to puke if you want to be a model," they'd say.

She didn't puke. Instead, she exercised more and ate less — 500 calories a day, the equivalent of five overripe bananas, or shrimp stir-fry from Edo Japan, or a foot-long vegetarian sandwich at Subway. To stay on track, Kinsella journaled her daily caloric intake, weight, and measured the size of her arms, thighs, and neck. If measurements were lower than what was written the day before, she'd feel a high that propelled her into further starvation. If they were higher, she ate less to compensate.

By November of Grade 11, Kinsella was in and out of therapy. Her refusal to eat was a safety blanket, and she was proud of it. To her, not eating was a badge of self-control. Meanwhile, her body was shutting down. She hadn't menstruated for nine months, she lost feeling in her extremities regularly, and she was always cold and tired. Her social life grew quieter and quieter, as going out often meant eating food with friends.

"I looked like a skeleton," Kinsella says.

With a mortality rate of 10 per cent (the equivalent of meningitis and tetanus), anorexia nervosa is the most fatal mental illness in the world. People with anorexia restrict food to the point of starvation, heightening their risk of heart failure. Those tend to resist treatment, believing that they don't really need it. As they starve, they'll lose bone



density, muscle mass, and will grow a fine layer of hair all over the body to keep warm.

Bulimia nervosa is less fatal and less detectable than anorexia. Those with the disorder usually maintain a normal to slightly higher-than-normal weight. In private, they'll down large amounts of food and then compensate by vomiting, taking laxatives, or exercising (causing their faces to puff up). Most of the disorder's effects are internal, including esophagus tears, tooth decay, and electrolyte imbalances. According to the Eating Disorder Support Network of Alberta, one in four college-aged women binge and purge to control weight. Bulemics tend to alarm themselves with the lack of control in their behaviours, and are usually more receptive to treatment.

Between 0.9 and 2.2 per cent of the population are clinically anorexic, and between 0.3 and 9.4 per cent of the population are clinically bulimic.

These metrics don't include disordered eaters, or those who display disordered eating without qualifying for a diagnosis.

Eating disorders are conditions of vastly negative self-criticism and self-perception. Everyone self-criticizes, but for some with the right combination of genetics, physiology, psychological development, and social environment, self-criticism becomes a personality trait, says U of A psychologist William Whelton.

"Just as each of us has relationships with other people, each one of us has a relationship with ourselves," Whelton explains. "And, just as we have beliefs and attitudes towards other people, we have beliefs and attitudes towards ourselves."

Disordered eating usually emerges around puberty, when girls typically gain 40 per cent in weight and increase their proportion of body fat from 8 to 22 per cent. These physical changes happen against a social "background noise" of objectification and sexualization of women, Whelton says. Certain personality traits further the chance of disordered eating:

Features

perfectionism, obsessive-compulsiveness, narcissism, and neuroticism, and affinities for independence, control, and achievement.

For self-critics, irrational beliefs double as comforting self-defense mechanisms that motivate individuals to fix their faults.

"Self-critics, in a perverse sort of way, are trying to take care of themselves," Whelton says. "But it just doesn't work ... If you really look at what underlies somebody's self-criticism, it's fear. It's the fear that you won't succeed, you won't get what you want, and no one will like you unless you're criticizing yourself."

As disordered eaters take more comfort in their negative self-evaluations, they become more obsessed with perfection, and more afraid of failure. The university, being a place of constant academic and aesthetic evaluation, is a "tough place for a perfectionist," Whelton says.

Sally Willis, the director of the Nutrition Education Centre of the University of British Columbia-Okanagan Campus (UBCO),



estimates that one of five female university students are disordered eaters (exact statistics aren't available, as most people with eating problems don't report). Like Whelton, she sees universities as "breeding grounds" for destructive eating habits due to their hypercompetitive, stressful environments

and their large availability of cheap, non-nutritious food. Social media, Willis adds, is also a growing factor.

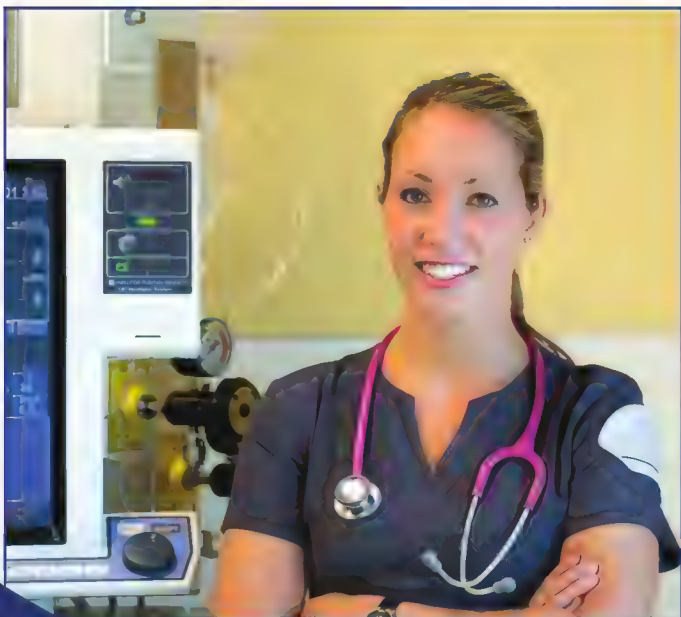
UBCO's solution to disordered eating on campus is twofold. First, it aims to raise awareness. Second, it provides a nutrition centre to help students with eating behaviours, stress management, exercise, general nutrition, and weight management. UBCO is home to roughly 8,000 students, and all have access to the centre.

The U of A doesn't have any specific units for treating disordered eating in students, but they can book appointments with a nutritionist at the University Health Centre. They can also visit Counselling and Clinical Services to speak with a psychologist.

If one in five female students have disordered eating, there are roughly 3,600 females on at the U of A who restrict, binge, or purge.

When Kinsella was admitted as an outpatient to the U of A hospital's eating disorder program, she saw inpatients who were physically shutting down due to severe starvation.

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"They looked like they just came out of an Auschwitz concentration camp," she says. "They were so emaciated, it was scary. I almost cried."

Healing is possible, but difficult. Dr. Lara Ostolosky, a psychiatrist in the U of A's eating disorder unit, says this is because eating disorders are egosyntonic, meaning that they're agreeable to the patient. People will come in and out of the unit for years before finally deciding to commit to treatment.

Daily treatment in Dr. Ostolosky's unit starts with a therapy session at 7 a.m. At 8:15 a.m., patients are given medications and a dietitian-designed breakfast. Supervision follows, to make sure patients don't purge, and then they attend therapy (or school, if they're a K-12 student). Lunch is served at noon, followed by more therapy. At 5:00 p.m. is dinner, and at 8 p.m. is evening snack. Patients are closely watched throughout the day.

Unit staff are tasked with not getting frustrated. They deal with patients who might, for example, get upset and slam the door as they leave the meal room. But while young people may start out as closed-off, helping them "blossom" into a normal life makes the work worth it, Ostolosky says.

"You have to push the behaviour aside and see the person," she says.

Kinsella resisted treatment at first — upon meeting with the eating disorder program's head psychologist, she told him to "fuck off." Entering the outpatient program was an achievement of sorts — but also a failure, as she wasn't skinny enough to be an inpatient.

"I was a brat," she says. "I was angry, I was hungry. At the same time, when I was in the unit I felt really gross about myself, like they were all thinking I was fat, or I was a failure, because I didn't get to my goal weight."

Kinsella was paired with a therapist (a "cool little Argentinian man") to work on coping strategies, and a "really sassy" nutritionist who enforced a daily 2,400-calorie quota. Meeting the quota meant eating foods like cheese, or a whole chicken breast instead of half. Kinsella's mom picked her up at school every lunch to make sure she would eat. Gaining weight back was physically painful.

"I lived on lettuce and salad dressing for over a year," Kinsella said. "Your stomach kind of shrinks."

After eight months of treatment, Kinsella was released from the U of A hospital's eating disorder program in June of her Grade 11. She then graduated high school and began her first year at the U of A's Faculty of Arts. But in the new, competitive environment, the cycle started again.

"I might have been healthy by weight

standards, but mentally I didn't choose to be better," Kinsella says.

By the end of Kinsella's second year, she felt "trapped," and she was struggling again. She ate, but only snacks, and only after 1 p.m. She'd drink coffee partially to boost her metabolism, partially to distract herself from feeling hungry. She says it was normal to feel dizzy.

"I remember thinking that I could enjoy food when I was 80 in a seniors' home," she says. "That's not okay. You should be able to enjoy food."



Kinsella contacted her therapist and re-entered the eating disorder program, determined to get better. Her first time, she learned how to eat properly. Her second time, she wanted to learn how to be happy with her body. Kinsella started journaling, this time to record things that made her happy. She shifted her focus from her appearance to her personality traits.

"I wanted to be confident and happy," she says. "I wanted to actually know what that's like."

General therapy for the self-critic involves lowering one's self-critical voice (Whelton says it's impossible to eliminate completely) and raising one's self-compassionate voice. Interestingly, compassion for others tends to be much easier for harsh self-critics to feel. Healing involves directing compassion inward.

For adolescents, other experts like Amanda Stillar — currently completing her PhD in counselling at the U of A — focus on emotion-focused family therapy. Working with the entire family allows parents to become their children's behaviour coaches. Untrained parents sometimes accommodate their child's maladaptive behaviours under the pretense that a "sick child is better than a dead child," she says.

Stillar adds that non-diagnosed disordered eaters away from home and in university can engage their own families over social media. Going to community resources is another good substitute for family support.

For U of A students, these resources would include the Eating Disorder Support Network of Alberta, and services on campus, where psychologists like Agatha Beschell of Counselling and Clinical Services work with students. Beschell helps students follow treatment plans to establish healthy eating patterns (reducing bingeing behaviour, for example) and regulate emotions.

It's "easier said than done," Beschell says, but if a person puts time into treatment, it's very possible to recover. On average, treatment takes between four and six months.

Kinsella is now in her fourth year of university.

Finally recovering from her eating disorder felt like a breakup, she says or losing a security blanket. When the rational part of her brain was silenced by hunger, anorexia was always there to assure her that she was doing the right thing by starving herself.

She still has days where she feels insecure. When she's stressed out, she tends to experience body dysmorphia — she'll feel a double chin, or a "doughy" stomach. But she stays connected to her body through yoga. She delivers talks at schools about her experience with anorexia.

"I can't say I'm this confident, non-insecure person because that's irrational," she says. "But it's nice to not be as insecure and need that control. The feelings are there, but they don't dictate what I'm going to do."

Diversions

B&W HOROSCOPES



ARIES (March 21 – April 19)

KNOCK KNOCK KNOCK!! If you're shy, you still have to go talk to the man. You're 19 now, it's time to be an adult.



TAURUS (April 20 – May 20)

Take 5 hot dogs put them under the sunny couch, if you run out of hot dog buns, you can plant sesame seeds to grow more buns.



GEMINI (May 21 – June 20)

Your horoscope is the best horoscope, I know it, they know it, everyone knows it. I know horoscopes better than anyone, look at my fucking horoscopes.



CANCER (June 21 – July 22)

Travel plans have changed, throw out your old car, get a new car, don't get a new engine. Take the old engine, drive your uncle grandpa to work.



LEO (July 23 – August 22)

"This old fuck was like, not to be nitpicky, but you can't walk up one flight of stairs?"



VIRGO (August 23 – September 22)

Sorry, I'm reading Chris Colabello's stats, I'll think of something else later.



LIBRA (September 23 – October 22)

Your finances are awful. Stop spending all of your money at HMV, learn how to torrent movies you idiot.



SCORPIO (October 23 – November 21)

"Why are you friends with her on Facebook?"

"Because she likes me."

"Whatever, I fucked her daughter."



SAGITTARIUS (November 22 – December 21)

Don't take your kids to Ikea, trolls live in the drawers. Also the toys are terrifying, there's a plush wolf with a velcro tummy that when you open it, a grandma falls out. Not a place for children.



CAPRICORN (December 22 – January 19)

Write it down in your journal, put it in your dresser and only show the few people you know are your friends and the couple of people who might be your friend. Only take it out on Sundays at 11:00 p.m. EST



AQUARIUS (January 20 – February 18)

Forget about the organization you're in charge of, you haven't been to class since Oct 4th. Go write two midterms in 24 hours and take the bus home.



PISCES (February 19 – March 20)

You are a magical creature that no one quite understands yet, just remember that you have strawberry tits. So make a smoothie and call your bedroom the capital. P.s. can you find the purple? we couldn't until Oct 24th @ 1:39 p.m.

"After the working holiday..."

By Kathy Hui

1	2	3	4		5	6	7	8		9	10	11	12	13
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62	63	64				65					66			
67						68					69			
70						71					72			

Solution posted online at GTWY.CA under diversions

Across

1. JJ Abrams island series
5. Petri dish content
9. Hugs trees
14. East of Indiana
15. Bright star
16. Glowing coal
17. Against
18. Online store
19. AE lingerie
20. Part 2: "...was - -"
23. - Chi
24. Subtleties
28. Jim Halpert's love
31. Italian close to Mt. Vesuvius

Down

1. Bread unit
2. " - -"
3. "In -", ie. in place
4. Convert string - -
5. Condition lacking red blood cells
6. Asian desert
7. Hungarian hill
8. Sun outputs
9. Neo in real life
10. Greek letter
11. - Lincoln (abbr.)
12. Garland of flowers
13. Common word
21. Move to music (Fr.)
22. Not on land

35. Rowing stick
36. Molecules
38. Bottom part of roof
39. Waterloo singers
40. Part 3: "...by the - -"
43. Laptop screen action
44. Two fives for - -
45. Skateboard trick
46. Sounds like 45 Across
47. Metaphor for the world
49. Turf
50. Might happen to rich people
53. Taoism father - Tzu
55. Part 1: "...the - -"

62. Quirky trick
65. On repeat
66. ExxonMobil, short
67. String instrument
68. Dazzles
69. Poet's thus
70. Zero
71. A striped Disney rodent
72. Can't take this device on planes

25. Prestigious prizes
26. Volkswagen convertible
27. Made disappear
28. Church lead
29. - the Hun
30. - Rouge, Paris
32. Navy officer
33. Tardy's
34. Special occurrence
37. Alberta time zone
39. Marlies and Bulldogs belong to it
41. Actress Watts
42. Reef material
48. Time pass
51. Dirties a diaper

52. Deadly whales?
54. 71% of earth's surface
56. Relieved
57. North of Missouri
58. Christmas
59. Norwegian city
60. Preliminary US standardized test
61. -mite National Park, California



University of Alberta Golden Bears & Pandas

2016-17 Home Schedule (as of October 28)



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BASKETBALL

	<u>Pandas</u>	<u>Bears</u>	
Nov 4	6:00pm	8:00pm	vs Brandon
Nov 5	5:00pm	7:00pm	vs Brandon
Nov 18	6:00pm	8:00pm	vs TRU
Nov 19	5:00pm	7:00pm	vs TRU
Dec 1	6:00pm	8:00pm	vs MacEwan
Jan 5	6:00pm	8:00pm	vs Calgary
Jan 20	6:00pm	8:00pm	vs Fraser Valley
Jan 21	5:00pm	7:00pm	vs Fraser Valley
Feb 11	2:00pm	4:00pm	vs Lethbridge
Feb 12	5:00pm	7:00pm	vs Lethbridge

VOLLEYBALL

	<u>Bears</u>	<u>Pandas</u>	
Nov 11	6:00pm	7:30pm	vs MacEwan
Nov 25	6:00pm	7:30pm	vs Winnipeg
Nov 26	6:30pm	5:00pm	vs Winnipeg
Dec 2	6:00pm	7:30pm	vs Regina
Dec 3	6:30pm	5:00pm	vs Regina
Jan 27	6:00pm	7:30pm	vs Trinity Western
Jan 28	6:30pm	5:00pm	vs Trinity Western
Feb 3	6:00pm	7:30pm	vs Mount Royal
Feb 4	6:30pm	5:00pm	vs Mount Royal
Feb 10	6:00pm	7:30pm	vs UBCO
Feb 11	8:00pm	6:30pm	vs UBCO

HOCKEY

Oct 28	7:00pm	vs Mount Royal
Nov 11	7:00pm	vs Calgary
Nov 18	7:00pm	vs Manitoba
Nov 19	6:00pm	vs Manitoba
Jan 6	7:00pm	vs UBC
Jan 7	6:00pm	vs UBC
Jan 13	7:00pm	vs Regina
Jan 14	6:00pm	vs Regina
Jan 21	6:00pm	vs Calgary
Jan 28	6:00pm	vs Mount Royal
Feb 3	7:00pm	vs Lethbridge
Feb 4	6:00pm	vs Lethbridge

HOCKEY

Oct 29	6:00pm	vs Mount Royal
Nov 4	7:00pm	vs Regina
Nov 5	2:00pm	vs Regina
Nov 25	7:00pm	vs Lethbridge
Nov 26	2:00pm	vs Lethbridge
Dec 2	7:00pm	vs Saskatchewan
Dec 3	6:00pm	vs Saskatchewan
Jan 20	7:00pm	vs Calgary
Jan 27	7:00pm	vs Mount Royal
Feb 10	7:00pm	vs Manitoba
Feb 11	2:00pm	vs Manitoba



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